

AGRICULTURAL EXTENSION SERVICE  
UNIVERSITY OF CALIFORNIA

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Persimmon pie +  
persimmon custard

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Using persimmons. Santa Rosa, .

1. Persimmon 2. Cookery (Fruit)

I. Title

SonomaCo.6/75

USING PERSIMMONS

Leaflet originally prepared by Jean McClew

CALIF. UNIV. AGRIC. EXT. SERV.  
FORWARD

In the winter season we always have requests for ways of using persimmons other than as fresh fruit. The recipes in this leaflet have been selected and adapted for you who wish them. Turn to page 15 for Index of Recipes.

You will note the use of soda in most of the recipes where heat is used--and low heat is recommended. The use of very ripe fruit has been stressed. These suggestions will help to minimize the astringency which is a characteristic of persimmons.

STORING FRESH FRUIT

Store in a cool place while persimmons are still firm. They will keep for quite a long while. Bring them into a warm place to ripen--as many as are wanted for use at one time.

FOOD VALUE OF PERSIMMONS

In food value, persimmons are an excellent source of Vitamin A. One medium-sized persimmon would furnish one-half the "A" needed daily. It would furnish also about a fifth of the Vitamin C needed, and is a fair source of iron. It has about 95 calories, which is about twice as high as in a medium peach or two raw apricots, but about the same as a medium-sized banana, 3 small figs, a cup of grapes, a large orange, or a medium-sized pear.

te)

# Breads

## CRUMPETS

1 pt. persimmon bread sponge  
1 beaten egg  
milk to make a thin batter

1. Mix.
2. Set to rise for one hour.
3. Bake on a hot griddle like grididle cakes.
4. Serve with hot butter and sirup.

## GRIDDLERCAKES

1 cup persimmon puree  
1 egg  
1 cup flour  
1 tsp. baking powder (tartarate or phosphate)  
1/2 tsp. soda  
1 cup milk  
1/2 tsp. salt

1. Mix.
2. Bake and serve with butter and sirup.

## PERSIMMON PEANUT GRIDDLERCAKES

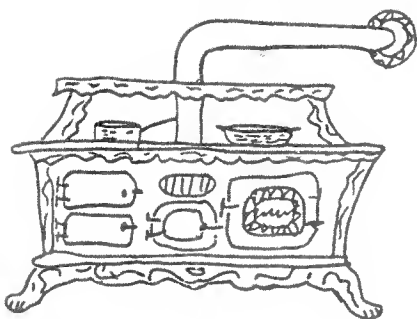
1 cup persimmon puree  
1 tbs. peanut butter  
1 egg  
1 cup flour  
1 tsp. baking powder (tartarate or phosphate)  
1/2 tsp. soda  
1 cup milk  
1/2 tsp. salt

1. Mix.
2. Bake and serve with butter and sirup.

## PERSIMMON YEAST BREAD

1 cup persimmon puree  
1 cup water  
 $\frac{1}{2}$  tsp. soda  
1 yeast cake  
2 tbs. shortening  
Flour to make a stiff dough

1. Mix.
2. Set to rise.
3. Shape into loaves.
4. Bake as any yeast bread would be made.



Cakes

## SIMPLE PERSIMMON CAKE

1 cup persimmon puree  
 $\frac{1}{2}$  cup sugar  
2 tbs. butter  
1 egg  
1 cup flour  
1 tsp. baking powder (tartrate or phosphate)  
 $\frac{1}{2}$  tsp. soda

1. Mix.
2. Bake in a moderate oven 40 minutes.

(This recipe adapted from one given us by Ruth Jarrett)

This makes a very soft, moist cake.

6. Bake at 250°F. for 2 to 4 hours depending on size of the pans.
5. Bake in a large or two small tube pans, or in loaf pans. Grease the pans and line the bottom with wax paper.
4. Add the liquid and dry ingredients alternately to the fruit mix.
3. Sift last five dry ingredients together.
2. Put milk and puree together.
1. Mix the first six ingredients.

3 cups sifted, general purpose flour  
1 tsp. soda  
2 tsp. baking powder (tartrate or phosphate)  
1 tsp. salt  
2 tsp. cinnamon  
3 cups glace fruit cake mix (1 lb.)  
" 3 cups seedless raisins  
2 cups walnut meats broken in pieces  
2 tbs. salad oil  
2 cups sugar  
2 cups persimmon puree  
1 cup milk

## FRUIT CAKE

# Cookies

## PERSIMMON COOKIES

- ½ cup butter or margarine
- 1 cup sugar
- 1 egg
- 1 cup persimmon puree
- ½ tsp. soda
- 2 tsp. baking powder (tartrate or phosphate)
- 2 cups sifted flour
- ½ tsp. cinnamon
- ½ tsp. cloves
- ½ tsp. nutmeg
- ½ tsp. salt
- 1 cup seedless raisins
- 1 cup nut meats

1. Cream sugar and butter. Add egg, then the puree.
2. Sift flour, spices, soda, salt, and baking powder together. Put nuts and raisins into flour. Add to creamy mixture.
3. Drop onto greased cookie sheet. Bake at 350°F. for about 10 minutes.

# Frozen Desserts

## FRUIT ICE

- 2 cups persimmon puree
- 1 cup sugar

1. Beat to a creamy pulp and freeze.



# PERSIMMON ICE CREAM

2 cups persimmon puree  
1 cup thick, sweet cream

1. Beat together thoroughly and freeze as you would any ice cream.

*Jam*

# PERSIMMON JAM

Equal parts of persimmon puree and sugar

1. Persimmons must be very ripe, and must be cooked over very low heat with constant stirring until thickened. If the jam is not kept under the boiling point, the jam will be bitter. Twenty to thirty minutes should be long enough.

2. Pour into sterilized jars and seal.

3. Four cups of puree makes about 2 pints of jam.

(Submitted by Helen Goodrich, Area Home Advisor,  
Agricultural Extension Service)

Another suggestion for jam is to use the following ingredients and follow the foregoing method.

4 lbs persimmons  
2 cups sugar  
juice of 2 lemons  
2 cups water

# PRES

## PERSIMMON CHIFFON PIE

4 egg yolks  
½ cup sugar  
Juice of 2 lemons  
½ pkg. unflavored gelatin  
⅓ cup water  
4 egg whites  
½ cup sugar  
2 cups persimmon puree  
1 baked pie shell  
Flavored whipped cream for serving

1. Heat egg yolks and ½ cup sugar in a double boiler until thickened. Add juice of 2 lemons. Cool slightly.
2. Soak gelatin in water and add to above.
3. Whip egg whites. Fold these, the other ½ cup sugar, and persimmon puree into mixture.
4. Put into baked pie shell. Chill completely. Top with whipped cream to serve.

## PERSIMMON CREAM PIE

2 cups persimmon puree  
½ cup sugar  
½ tsp. cinnamon  
1 tbs. lemon juice  
1 baked, 8-inch pastry shell  
1 cup heavy whipped cream

1. Combine first four ingredients and pour into pastry shell. Spread with whipped cream and serve at once.

# PERSIMMON MERINGUE PIE

2 cups persimmon puree  
1/2 cup sugar  
1/2 tsp. mace  
1 tsp. grated lemon rind  
1/8 tsp. salt  
2 tsp. butter  
2 egg yolks  
1 baked 9-inch pie shell  
1 recipe of meringue

1. Add sugar, mace, lemon rind, and salt to puree, and cook slowly for 5 minutes.
2. Beat egg yolks. Add butter. Stir in a little of the hot puree mixture. Put all together and stir until mixture is slightly thickened.
3. Pour into pastry shell and cover with meringue, then bake as directed. Serve very cold.

## MERINGUE

2 egg whites  
1/2 cup sugar  
1/2 tsp. vanilla

1. Beat egg whites until frothy. Add sugar gradually. Continue beating until stiff. Add vanilla.
2. Pile onto pie and bake in slow oven (325° F.) 15 to 18 minutes.

# Puddings

Here are four recipes for persimmon pudding--all different. To serve them, milk or half & half could be used on No. 1 and No. 2. Whipped cream or whipped powdered milk could be used on any of them. Lemon sauce would be good for either No. 3 or No. 4.

## PUDDING NO. 1

This is a soft, tender pudding, light in color, very sweet and tasty.

- 1 cup persimmon puree
- 1 unbeaten egg
- 1 cup sugar
- ½ cup milk
- 1 cup sifted flour
- ½ tsp. soda
- ½ tsp. salt
- ½ tsp. cinnamon
- 1 tsp. vanilla
- 1 tbs. melted butter

1. Put the egg, puree, and vanilla into a bowl.
2. Sift dry ingredients. Add to the puree mixture and beat until smooth. Add melted butter.
3. Turn into greased, covered baking dish, leaving cover on until nearly done. Set baking dish in a pan of water, and bake for 1 hour at 250 to 300° F.

## PUDDING NO. 2

This is a soft, tender pudding, only slightly cake-like in texture; a bit darker than No. 1.

Very Good.

- 1 cup persimmon puree
- $\frac{1}{2}$  cup brown sugar
- 1 cup milk
- 1 cup sifted flour
- 1 tsp. baking powder (tartar or phosphate)
- $\frac{1}{2}$  tsp. soda
- $\frac{1}{2}$  tsp. salt
- 1 tsp. vanilla
- 1 tsp. lemon juice
- 1 tbs. melted butter

1. Mix like No. 1. Pour into greased steamer pan and steam for 3 hours. (You may use a double boiler)

## PUDDING NO. 3

This is a very tender cake-like pudding--excellent texture and flavor.

- $\frac{1}{4}$  cup persimmon puree
- 1 unbeaten egg
- 1 cup sugar
- 1 cup milk
- 1 cup plus 2 tbs. sifted flour
- $\frac{5}{8}$  tsp. soda
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. cinnamon (or nutmeg, or other spice)
- 2 tbs. melted butter (or oil)
- 1 cup nut meats
- $\frac{1}{2}$  cup raisins
- 1 tsp. vanilla

1. Mix like No. 1. Put into greased shallow aluminum cake pan.
2. Bake at 350° for about one hour.

#### PUDDING NO. 4

This recipe makes the stiffest mixture and results in a heavier type pudding. It is the least sweet.

1 cup persimmon puree  
½ cup sugar  
½ cup milk  
2 cups sifted flour  
2 tsp. baking powder (tartrate or phosphate)  
½ tsp. soda  
½ tsp. salt  
½ tsp. cinnamon  
1 tsp. vanilla  
½ cup walnuts, broken  
½ cup raisins

1. Sift flour, salt, soda, cinnamon, and baking powder together.
2. Add sugar and vanilla to puree. Add to this the flour and milk alternately. Add nuts and raisins. Mix well.
3. Turn into buttered pudding dish. Set in pan of hot water and bake in moderate oven (350°) for about an hour. Or steam on top of stove.



## PERSIMMON PUDDING

1. 1 cup sugar  
1 cup flour  
2 tsp. soda  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{3}$  cup melted butter  
1 egg  
1 cup ripe persimmons  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  cup milk
1. Sift together first five dry ingredients.  
Add last five ingredients to dry ingredients  
and steam for  $1\frac{1}{2}$  hours. Serve with sauce.

## Sauce

1. 1 beaten egg  
2 tbs. melted butter  
 $\frac{1}{6}$  tsp. salt  
2 cups sifted powdered sugar  
1 cup whipped cream  
3 or 4 tbs. brandy or sherry wine
1. Mix all ingredients and pour over pudding  
when served.

## Salads

### PINEAPPLE PERSIMMON SALAD

1. 3 large ripe persimmons  
1 cup drained, crushed pineapple  
juice of 1 lemon or lime  
1 cup pineapple syrup (use water to fill cup)  
1 pkg. lemon flavored gelatin  
 $\frac{1}{8}$  tsp. salt  
Pineapple or grapefruit for garnish
1. Puree the persimmons. Add crushed pineapple  
and lemon juice. Heat the pineapple juice  
and dissolve the gelatin in it. Cool till  
slightly thick. Fold in the fruit mixture  
and salt. Pour into mold and chill. This is  
served with a fluffy fruit dressing.

## PERSIMMON WHIPPED CREAM SALAD

3 ripe persimmons  
½ cup whipping cream  
1 tbs. horseradish  
¼ tsp. salt  
Paprika

1. Cut chilled persimmons in two, crosswise. Place on lettuce cups.
2. Whip cream. Fold in horseradish and salt. Heap onto persimmons. Add a dash of paprika to each.
3. This may be either a first course or a "dessert" salad. Provide both a spoon and fork for eating.

## PERSIMMON FRUIT SALAD

Peel and slice crosswise, ripe but not real soft persimmons, and serve with alternate slices of orange, pineapple, or apples on a leaf of lettuce. Use a tart French or mayonnaise dressing.

Persimmon slices with a mound of cottage cheese make an excellent lunch salad.

## SOME MORE

### AMERICAN PERSIMMON BUTTER

2 quarts American persimmon pulp  
1 cup orange juice  
sugar

1. Cook pulp and orange juice together in a double boiler until thick. Measure and add ¾ cup sugar for each cup pulp. Continue cooking until the desired consistency is reached. Pour into hot sterilized jars and seal. Makes about 3 pints.



Put a thin layer of sugar in the bottom of a jar; then a layer of whole, ripe persimmons; then a layer of sugar; and so on until the jar is full. The sugar will soon dissolve and form a sirup. Press the upper fruits down under the sirup, or add more sirup to the jar. Seal and store until used. The sirup may be drained off and the fruits served like dates, which they resemble very much in both appearance and flavor.

#### PERSIMMON "LEATHER"

Spread a thin layer of ripe pulp on waxed paper or on a large platter. Dry in the sun, in a fruit evaporator, or in the oven of a stove, leaving the oven doors open. Remove the seeds. Add another layer of pulp, and repeat until the leather is of a thickness to handle easily. This may be diced and minced and used instead of raisins or citron in fruit cakes, cookies, or puddings.

#### FREEZING PERSIMMONS

Fuyu or Hachiya varieties are suitable. Peel, remove any seeds and puree. Use one pound of sugar to six pounds of puree. Package and freeze. OR, freeze whole persimmons without pureeing.

#### PRESERVED WHOLE PERSIMMONS

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Persimmons, a small, round yellow-orange fruit, have found ~~their way~~ into many Ozark recipes. Their flavor is at its best when they are soft and wrinkled and look to be spoiled. They are best picked late in the fall, preferably after a frost when they are at the peak of flavor.

#### PERSIMMON CAKE

2 cups chopped nuts	2 teaspoons cinnamon
2 cups raisins	½ teaspoon cloves
2 cups persimmon pulp	2 teaspoons baking soda
2 cups sugar	1 teaspoon salt
2 tablespoons oil	1 cup milk
3 cups sifted flour	

Mix nuts, raisins, persimmon pulp, sugar, and oil. Sift dry ingredients, add to creamed mixture alternately with milk. Bake in an angel food cake pan, that has been greased and floured, at 350° for 30 minutes or until done.

\* You may substitute butter or shortening if you have no lard.

"Bittersweet country"

Here are two variations of the popular Persimmon Pudding.

*PERSIMMON PUDDING I*

- |                             |                        |
|-----------------------------|------------------------|
| 1 cup flour                 | 1 cup sugar            |
| 1 teaspoon salt             | 1 teaspoon baking soda |
| 1 teaspoon cinnamon         | $\frac{3}{4}$ cup milk |
| 1 cup persimmon pulp        | 1 teaspoon vanilla     |
| 2 tablespoons melted butter | 3 egg yolks, beaten    |
| 1 cup chopped dates         | 1 cup chopped nuts     |

Combine and sift together all dry ingredients. Add the remaining ingredients, mix, and pour into a baking dish. Bake at moderate temperature (350°) until done.

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*PERSIMMON PUDDING II*

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 cups buttermilk             | $\frac{1}{2}$ teaspoon allspice    |
| 2 cups persimmon pulp         | 1 teaspoon cinnamon                |
| 1 cup sugar                   | $\frac{1}{2}$ teaspoon baking soda |
| 1 egg                         | 1 teaspoon baking powder           |
| 1 tablespoon butter           | $1\frac{1}{2}$ cups flour          |
| $\frac{1}{4}$ teaspoon cloves |                                    |

Mix buttermilk, pulp, sugar, egg, and butter. Add spices, soda, and baking powder, sifted with flour. Pour into a 13×9×2-inch greased and floured pan. Bake at 350° for about 45 minutes. Serve with this sauce:

- |                     |                     |
|---------------------|---------------------|
| 1 cup sugar         | 1 teaspoon vanilla  |
| 1 tablespoon flour  | 1 tablespoon butter |
| 1 cup boiling water | Pinch of salt       |

Mix in order and cook until clear.

*PERSIMMON SUGAR PLUMS*

As late in the fall as possible, gather firm ripe persimmons. In the bottom of a dry container place a layer of hulled persimmons. Cover this with a layer of sugar and continue alternating layers until container is filled. Cover and let mellow in a cool, dry place. These tasty morsels will convince you that people in the Ozarks know how to eat.

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